

## Nursery Home Learning Activity Ideas

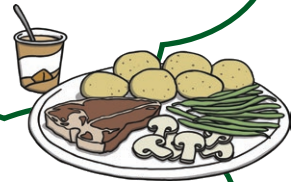


Do ten star jumps. Jog on the spot and count to ten. Do ten bunny hops. How does your heart rate feel?



With an adult, build an indoor obstacle course and try it out.

Draw a picture of your favourite meal. Include your favourite drink and your favourite pudding.



Draw a picture of a happy face. Now draw things that make you feel happy.

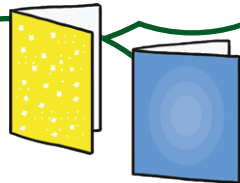
With an adult, prepare a healthy snack and eat it together.



Create instruction cards for how to wash your hands or brush your teeth. Challenge an adult or family member to follow the instruction cards.



Think of someone who helps you. It could be a parent, a family member or a friend. Make them a card or a picture to say thank you.



Practise balancing. Can you balance on one leg? Can you balance on one arm and one leg? Can you balance on your knees? See how many different ways you can balance.



Tidy up your bedroom or another room in your house.

